

PREVENTIVE CARE FOR YOUNG CHILDREN

3-4 MONTHS

Nutrition and feeding

- ★ breast feeding is encouraged; if not, use iron-fortified formula
- ★ no honey until after first birthday
- ★ do not prop bottle or put to bed with bottle
- ★ no cows milk until after first birthday
- ★ breast milk or formula supplies all the necessary water unless doctor says otherwise

Growth and development

- ★ brings objects to mouth
- ★ opens hands and holds own hands
- ★ smiles spontaneously
- ★ babbles, coos
- ★ raises self up by arms
- ★ rolls front to back
- ★ kicks feet while on back
- ★ splashes in tub
- ★ reaches for, and bats at objects
- ★ sits with support
- ★ grasps rattle

Safety and injury prevention

- ★ properly secure car seat in back seat, is everybody using seat belts?
- ★ don't leave alone on high places
- ★ don't place infant carrier on edge of table or bed
- ★ do not leave infant alone with young sibling or pet
- ★ never leave small objects in infant's reach
- ★ do not use infant walker at any age
- ★ continue to test bathing water
- ★ keep environment smoke free
- ★ use smoke alarms
- ★ limit sun exposure/use sunscreen
- ★ infant on back or side for sleeping not on stomach

Babies enjoy

- ★ music
- ★ rattles
- ★ crib toy to bat at
- ★ dancing with caregiver
- ★ talking and singing to infant
- ★ objects to explore
- ★ dangling toys
- ★ change of scenery inside and outside

(3-4 months, continued)

Health teachings

- ★ review immunizations - the risks, benefits and consent; fever management
- ★ importance of holding, cuddling and rocking infant
- ★ encourage vocalization
- ★ begin to teach consoling techniques, give transitional object, e.g., blanket, toy
- ★ review teething - wipe mouth with clean gauze or washcloth
- ★ do not put pacifier in sweetened liquid
- ★ put baby in own bed - parents need own space
- ★ avoid over-the-counter drugs without doctor's advice
- ★ do not smoke around children
- ★ wash adult's and infant's hands after changing diapers

Family issues

- ★ review conflict resolution
- ★ locate additional child care services needed
- ★ recognize sibling rivalry - older kids need "own time" with caregivers
- ★ violence potential; handle anger appropriately
- ★ watch for neglect or abuse
- ★ may need extra support, e.g., divorce, disability, income issues, grief, transportation

Questions? Contact:

- ✧ Local Community Health Services Office
- ✧ Local Family Resource List
- ✧ Head Start
- ✧ Resources for Family - Provider Information Line 1-800-529-5000
- ✧ SD Department of Health 1-800-738-2301
- ✧ Health Care Provider

**REMEMBER: Everyone wash hands
(Adults and Children)**